



COMMUNITY SERVICES DEPARTMENT **NATICK RECREATION & PARKS**



Natick Recreation and Parks Department
"Create Community through People, Parks and Programs"



FALL 2013



Programs & Events Brochure

ON-LINE Registration for Fall Programs

Beginning Tuesday, September 3 at 7:00 pm

Registration is on a "First Come - First Served Basis"

Walk-in registration will be allowed starting Wednesday, September 4 at 8:00 am

Please Note: Playgroup Registration will be done as a Lottery.

179 Boden Lane • Natick, Massachusetts 01760 • Phone (508) 647-6530 • Fax (508) 647-6535 • Website <http://natickma.gov/recreation>

Welcome to our Fall Programs Brochure for 2013

I am delighted to present to the Natick Community the *2013 Fall Programs and Events Brochure*. Our staff has worked diligently to line up some great programs and activities for residents of all ages. I would like to recognize our great seasonal staff, volunteers and our Recreation & Parks Commissioners for their hard work and dedication. I look forward to serving the Community of Natick and continue to build on the great traditions the department has developed over the years.

Please feel free to call the office at 508-647-6530 if you have any questions concerning our services. Thank you.

Jon Marshall, Director • NR&PD

Commissioners:

Sue Shea, Chair
Seth Levine
Mark St. Hilaire

Mike Fair
David Ordway
Wayne Szretter

John Griffith
Jessica Ordway
Greg Tutuny

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♦ Important Recreation & Parks Dates ♦

Registration Deadlines

September 3	On-Line Program Registration Begins at 7:00 pm
September 4	Walk-in Program Registration Begins at 8:00 am at Cole
September 7	Fall Drama Workshop • Audition/Workshop
October 15 - 17	Youth Basketball Registration at Cole Center 7:00 pm (Guaranteed spot during these 3 nights)
October 18	Youth Basketball Registration Continues Starting at 8:00 am at Cole (First come, first served based on availability)

♦ Community Special Events ♦

Please refer to Page 10 for information on the following activities:

September 21	"Natick Days" on Natick Common (Rain Date Sept 22)
October 26	"SPOOKTACULAR" Halloween Party at Natick Common


FALL PROGRAMS

PRE-SCHOOL

ATTENTION!! Playgroup WILL REGISTER AS A LOTTERY.
Registration Forms and payment are due by 5:00 pm on
Wednesday, September 4.

Lottery will be done on Thursday, September 5.
Confirmation calls will be made to all in Lottery by
September 10.

Playgroup • Ages 2 - Pre-K

MON	9:00 - 11:00	2 yr. olds	\$150 (12 weeks)	
TUE	9:00 - 11:00	2 yr. olds	\$150 (12 weeks)	
	11:30 - 2:00	3 yr. olds & Up	\$165 (12 weeks)	
WED	9:00 - 11:00	2 yr. olds	\$150 (12 weeks)	
	11:30 - 2:00	3 yr. olds & Up	\$165 (12 weeks)	
THU	9:00 - 11:00	2 yr. olds	\$150 (12 weeks)	
	11:30 - 2:00	3 yr. olds & Up	\$165 (12 weeks)	

REQUIREMENTS

- Child must be the proper age on the first day of class.
- Playgroup provides a comfortable and relaxed environment for your child to develop social skills with children their own age. Activities include: Free play, physical play, snack or lunch, art, circle time with music, stories and dance.
- Morning classes please bring a snack. Afternoon classes bring a lunch. **NO PEANUTS OR NUT PRODUCTS.**

WHEN: Mon, Sep 16 - Mon, Dec 16 (12 weeks)
 No class Oct 14, Nov 11, 26 - 28

WHERE: Cole Center

STAFF: Kim Marshall-Condon and Michelle Rodriguez

Gymnastics For All • Ages 3 & 4

A great program that will enhance coordination through tumbling, uneven bars, balance beam and vault taught on kid-size equipment.

WHEN: Fri, Sep 20 - Nov 22 (10 weeks)

TIME: 2:30 - 3:15 pm

WHERE: Cole Center

FEE: \$136

INSTR: East Coast Mobile Gymnastics

Mini Kickers • Ages 2 - 4

A new and exciting program that focuses on key child development areas through the medium of soccer. The goal is to improve each child's motor skills, while advancing their physical, psychological and social development. The emphasis of coaching is to give children versatile experiences of basic skills and combinations in a fun and safe environment.

WHEN: Mon, Sep 16 - Oct 7 (4 weeks)

TIME: 11:00 - 11:45 am

WHERE: Cole Center

FEE: \$61

INSTR: Coaches from "Challenger Sports"

Just a Reminder.....
Standard Time

"Fall Back"
Is November 3

"Fun With Messy Play" • Ages 1 & 2

PARENTS! Here is your chance to get messy with your little ones without you dealing with the clean up. Children will enjoy water play, sand play, a different messy craft each week using play-doh®, paint, brushes, rollers, bubbles feathers and more.

WHEN: Wed, Sep 18 - Nov 13 (9 weeks)

TIME: 10:45 - 11:30 am

WHERE: Cole Center

FEE: \$134

INSTR: Muriel Sypek

"Jump, Tumble And Sing" • Ages 2 - 4

A fun, active class that includes physical play and movement with slides, balls, tunnels, beanbags and some parachute play! Parent or guardian participation is a requirement, so parents should be dressed to be active.

WHEN: Wed, Sep 18 - Nov 13 (9 weeks)

TIME: 9:30 - 10:15 am

WHERE: Cole Center

FEE: \$98

INSTR: Muriel Sypek

"Babes In Arland" • Ages 2-1/2 - 5

Children will be doing fun projects that build a child's self-esteem and help the child use his/her creativity.

PARENT PARTICIPATION IS A MANDATORY COMPONENT!

Come have fun with your child!

WHEN: Session 1 • Thu, Sep 19 - Oct 24 (6 weeks) **~or~**

Session 2 • Thu, Nov 21 - Dec 19 (4 weeks)

No class Nov 28

WHERE: Cole Center

TIME: 9:30 - 10:15 am

FEE: Session 1 • \$66 (6 wk)/Session 2 • \$47 (4 wk)



F.A.S.T. T-Ball • Ages 3 - Pre-K

Great introduction to the fundamentals of America's favorite pastime. All participants will learn the basic skills of fielding, throwing, hitting and base running. In addition, we will play games such as home run derby, last one standing and running bases. Learning and skill development are the priorities.

WHEN: Tue, Sep 17 - Oct 22 (5 weeks)

No class Oct 15

TIME: 3:00 - 4:00 pm

WHERE: Cole Center Field

FEE: \$61

INSTR: F.A.S.T. Athletics Coaching Staff

Mighty-Mite Sports • Ages 4 & 5

This is a fun, active program where participants will take part in different sports/physical activities. Teamwork and sportsmanship stressed.

WHEN: Fri, Sep 13 - Oct 11 (5 weeks)

TIMES: 3:30 - 4:00 pm **~or~** 4:15 - 4:45 pm **~or~** 5:00 - 5:30 pm

WHERE: Cole Center Field

FEE: \$46

DANCE CLASSES

Students should wear ballet slippers or non-skid socks and any style/color dancewear or comparable attire. NOTE: if your child took one or more of these classes last year, it is fine, in fact it is encouraged to repeat the last one. It is suggested that your child be able to separate.

Intro To Dance 1 • Ages 3

An introduction to the wonderful world of dance. Students will develop their gross motor skills, coordination, group skills and self-confidence in a fun and active learning environment. The class incorporates creative movement and basic dance positions and steps with fun, lively music.

Intro To Dance 2 • Ages 3-1/2 & 4-1/2

For children who have had Intro to Dance 1 or another dance class. Dancers continue to develop their skills and explore their creativity through movement, music and imagination. This class is also appropriate for older preschooler's who have never taken a dance or movement class.

Intro To Dance 3 • Ages 4 - Pre-K



Children will take their skills and joy to the next level. This class includes creative movement, basic ballet positions and combinations and some moving and grooving to upbeat, age appropriate music. Children would benefit from taking Intro to Dance 1 or 2, or the equivalent, prior to this class.

WHEN: Tue, Sep 24 - Nov 19 (8 weeks) **or**
Wed, Sep 25 - Nov 20 (8 weeks)
No class Nov 5, 6

TIME: Tue 9:45 - 10:30 am Intro to Dance 2
10:30 - 11:15 am Intro to Dance 1
Wed 9:45 - 10:30 am Intro to Dance 1
10:30 - 11:15 am Intro to Dance 3

WHERE: Cole Center

FEE: \$80/Level/Class

INSTR: Cindy Wright • Cindy is the Owner/Director of Cindy Wright Dance Studios in Wellesley and has taught dance for 30+ years. She has been an accomplished choreographer in local community theater since 1995. Cindy is also the Director of our own Natick Drama Workshop. We are very excited to add her to our programming staff.

Micro Wheels • Ages 2 & 3

Knuckle Bones

Natick Recreation and Parks has contracted with the company "Knuckle Bones" to provide some amazing developmental and FUN programming. Micro Wheels will engage both Parent/Guardian and their toddler(s) with a developmental array of wheeled, self-propelled vehicles that will be used to gain balance, confidence and have loads of fun! Obstacle courses, street signs and varied activities will help these determined drivers to trust themselves as they look forward to the day they actually ride a bicycle on their own. Proper sneakers and long pants required.

Parent participation IS A MUST!

WHEN: Thu, Sep 26 - Nov 7 (7 weeks)
TIME: 9:00 - 10:00 am
WHERE: Cole Center
FEE: \$76
INSTR: Knuckle Bones Staff

Micro Athletics • Ages 4 & Pre-K

Knuckle Bones

Knuckle Bones wants to teach children the fundamentals of sports, help build confidence and to develop a passion for athletics and fitness that will stay with them a lifetime! Each class, Knuckle Bones will bring a plethora of different and unique equipment, mini-gym, rhinoskin balls, kickballs, scooters, balance bicycles and much more. This program and equipment focuses on fundamentals, gross motor development and physical fitness.

Proper sneakers are required!

WHEN: Tue, Sep 24 - Nov 5 (7 weeks)

TIME: 9:00 - 10:00 am

WHERE: Cole Center

FEE: \$76

INSTR: Knuckle Bones Staff

Birthday Parties

- Want to host your party with us?
- Up to 2 hours of party time in our Game Room (Air Hockey, Foos Ball, Ping Pong, TV, etc.)
- Up to 1-hour available Gym time (sports, tumbling & games equipment included)
- Supervised by Recreation Staff



WHEN: Sundays **ONLY**

TIME: 12:30 - 2:30 pm **or** 3:00 - 5:00 pm

FEE: \$175 for 2 hours.

You supply your own paper goods, cake & refreshments.

Rental is space and equipment only

Now reserve your party online!

For More Information Call 647-6530.

YOUTH & MIDDLE SCHOOL PROGRAMS

Gymnastics For All • Ages 5 - 7

A great program that will enhance coordination through tumbling, uneven bars, balance beam and vault taught on child-size equipment.

WHEN: Fri, Sep 20 - Nov 22 (10 weeks)

TIME: 3:15 - 4:00 pm

WHERE: Cole Center

FEE: \$136

INSTR: East Coast Mobile Gymnastics

Drop & Shop • Grade K - 4

Make Black Friday into a win-win for everyone!! Drop the kids off for the day while you go shopping and they get a fun day of playing air hockey, ping-pong, foos-ball, making art projects, playing gym games and much more. A snack and drink will be provided as well as pizza for lunch.

WHEN: Fri, Nov 29

TIME: 9:00 am - 3:00 pm

WHERE: Cole Center

FEE: 1st Child \$27, 2nd Child \$21, 3rd Child \$15

Fit 4 Fun • Ages 7 - 11



Fit 4 Fun is a co-ed program that will teach your child that Fun and Fitness can be one in the same. At the start of each class your child will learn how to make quick, easy and healthy (and delicious) snacks in a creative, collaborative setting (snacks like fruit kabobs, yogurt/granola/fruit parfaits, cereal clusters, smoothies, etc.)

Activities will include - but not be limited to - kickball, dodgeball, tag, obstacle courses and other activities that include fitness and education. Each class will end with a 10 - 15 minute stretching/yoga practice that will give your child a chance to unwind, relax and reflect on positive thoughts about him/herself.

WHEN: Wed, Sep 18 - Nov 6 (8 weeks)

TIME: 3:30 - 5:00 pm

WHERE: Cole Center

FEE: \$126

INSTR: Carol Jackson, Health and Wellness Coach

Speed And Endurance Running • Ages 6 - 12

Speed and endurance are two essential qualities that kids need in most sports to be able to compete to the best of their ability. Kathy Fleming a 1996 Olympic Trials Finalist, a current Distance Medley Relay World Record holder and former Cross Country and Track Coach at Boston College can help you become a better all-around athlete. Through drills, hill running and by working on running form and strength, your athlete will reach to new levels. Focus is on the basics of relay running and most importantly having fun! Bring your running shoes and a water bottle and get ready to sweat.

WHEN: Thu, Sep 19 - Oct 17 (5 weeks)

TIME: 3:30 - 4:15 pm • Ages 6 - 8

4:15 - 5:00 pm • Ages 8 - 12

WHERE: Cole Center

FEE: \$59

INSTR: Kathy Fleming

Horseback Riding • Ages 4 & Up

NRPD is working with Sweet Meadow Farm to offer a special introductory class geared to first timers who are interested in learning about horses, horse care and riding! This is a great 2-hour program where the first hour is dedicated to educating participants on all aspects of horses; what it takes to own a horse, how to groom, how to tack up the horse, as well as, training and medicinal needs.

The second hour will be a private indoor riding lesson with one of Sweet Meadows instructors, where participants will learn proper technique in a one-on-one situation.

Participants should come dressed in "farm clothes" jeans and boots with a heel large enough not to slip through the stirrups. Sweet Meadow Farm has helmets to borrow.

WHEN: Wed, Oct 30 ~or~ Thu, Nov 7 ~or~ Wed, Nov 13

TIME: 1:00 - 3:00 pm

WHERE: Sweet Meadow Farm • 111 Coolidge St. • Sherborn

FEE: \$88/Class (Each session is limited to 3 participants.)

Start With Art • Drawing & Painting • Grades K - 2

This fun class is for little hands. Our class includes theme based and color based lessons. Be inspired by famous artists Venture into a multi-medium, hands-on class for an independent art experience. We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers and more. Students will explore sculpture, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality.

WHEN: Session 1 • Thu, Sep 19 - Oct 24 (5 weeks) ~or~

Session 2 • Thu, Nov 21 - Dec 19 (4 weeks)

No class Sep 26, Nov 28

TIME: 4:00 - 5:00 pm

WHERE: Cole Center

FEE: Session 1 • \$126 (5 wk)/Session 2 • \$102 (4 wk)

INSTR: Christine Van



Start With Art • Drawing & Painting • Grades 3 - 6

This fun class includes theme based and color based lessons. Be inspired by famous artists. Create your own masterpiece! Venture into a multi-medium hands on class for an art experience. We will work with liquid watercolor paints, acrylic paints, oil pastels, charcoals and more. Students will explore sculpture, weaving, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality.

WHEN: Session 1 • Mon, Sep 16 - Oct 21 (5 weeks) ~or~

Session 2 • Mon, Nov 18 - Dec 16 (4 weeks)

No class Oct 14, Dec 2

TIME: 4:00 - 5:00 pm

WHERE: Cole Center

FEE: Session 1 • \$126 (5 wk)/Session 2 • \$102 (4 wk)

INSTR: Christine Van



Fall Fun Art Workshop • Grades K - 6



This will be a 2-hour fun filled art workshop. There will be a theme and we will create art using a variety of art mediums. Guaranteed to knock you *smocks off!!*

WHEN: Thu, Sep 26

TIME: 3:00 - 5:00 pm

FEE: \$38

INSTR: Christine Van



Halloween Art Workshop • Grades K - 6



This will be a 2-hour fun filled art workshop. There will be a theme and we will create art using a variety of art mediums. Guaranteed to knock you *smocks off!!*

WHEN: Mon, Oct 28

TIME: 4:00 - 6:00 pm

WHERE: Cole Center

FEE: \$38

INSTR: Christine Van



Seasons Greetings Art Workshop • Grades K - 6



This will be a 2-hour fun filled art workshop. There will be a theme and we will create art using a variety of art mediums. Guaranteed to knock you *smocks off!!*

WHEN: Tue, Dec 10

TIME: 3:00 - 5:00 pm

WHERE: Cole Center

FEE: \$38

INSTR: Christine Van



Really Amazing Robotics • Ages 10 & Up

This is a hands-on program where participants build their own robot arm, OWI Robotic Arm - "Edge". Edge is a five-motor, five-axis robotic arm with a "gripper" that also rotates 120 degrees. It is operated via a remote control. Participants will learn mechanical assembly skills and gain knowledge about gear train theory and the transmission of mechanical energy.

Please Note: prior experience with robotic kits is suggested but not required.

WHEN: Mon, Sep 23 - Oct 28 (5 weeks)

No class Oct 14

TIME: 3:30 - 5:00 pm

WHERE: Cole Center

FEE: \$151 (Includes supplies)

INSTR: Ed Harrow

Storybook Theatre • Grades K - 1



An introduction to theater. By bringing a familiar story to life, children will develop acting skills, build self-confidence and learn to work as a team. A short, informal performance will be held at the last class.

WHEN: Fri, Sep 27 - Nov 1 (6 weeks)

TIME: 3:30 - 4:30 pm

WHERE: Cole Center

FEE: \$56

INSTR: Cindy Wright, NDW Director

Intro To Musical Theatre • Grades 2-4



Children will develop acting, musical and dance skills as they prepare for a short musical theatre performance (to be held at the last class). Each child will have a role; all roles are equal. The nature of this program requires teamwork but, in the process, individual talents are nurtured.

WHEN: Fri, Sep 27 - Nov 22 (8 weeks)

No class Nov 8

TIME: 4:30 - 5:45 pm

WHERE: Cole Center

FEE: \$76

INSTR: Cindy Wright, NDW Director

F.A.S.T. Flag Football • Grades 2 - 4

F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly, how to work together as a team. The players will be able to participate in different situational games such as Red Zone Defense, Fourth and Inches and the QB Challenge. Players will learn about the importance of fair play. Every week will end with a simulated game broken down into 4 quarters - the F.A.S.T. Coaches will have tons of plays ready to go for their teams!

WHEN: Tue, Sep 17 - Oct 22 (5 weeks)

No class Oct 15

TIME: 4:00 - 5:00 pm

WHERE: Cole North Field

FEE: \$71

INSTR: F.A.S.T. Athletics Coaching Staff

Natick Drama Workshop • Grades 5 - 8



An opportunity for middle school kids to experience and explore theater arts by participating in a full-length musical production.

Upon registration, each child becomes a member of the cast; auditions are held to enable the directors to appropriately assign roles. Each child will have a role/a named character and each role, from chorus to lead, will be an important part of the production. Accordingly, this program depends on teamwork and attendance is mandatory.

Registration is online beginning Tue Sep 3 • 7:00 pm

Registration will be first come - first served.

AUDITION: Sat, Sep 7, 9:00 am - 1:30 pm at Cole Center

Parent or legal guardian **must** accompany child to audition. There will be a parents' meeting at 9:00 am to provide an overview of the program and to sign up for volunteer jobs. *Parent participation is a vital part of this program; there are many opportunities, large and small; some are done on Saturdays and some may be done at home.*

REHEARSALS: Sat, Sep 14 - Nov 2 at Cole Center

TIME: 9:00 am - 12:30 pm full cast

12:30 pm - 1:00 pm specific cast members announced 1-week prior.

LIMIT: 55 children

FEE: \$97

SHOW: Nov 8, 9, 10 at Kennedy Middle School

DATES: Also, technical rehearsals:

Sun, Nov 3, 12:00 - 5:00 pm and

Mon, Nov 4 - Thu, Nov 7 6:00 - 9:00 pm at KMS

STAFF: Cindy Wright, Director

Chris Letizia, Music Director

Lisa Cigna, Choreographer

Debbi Finkelstein, Assistant Director / Stage Mgr.

FUNDRAISING: Each participant is required to raise an additional \$50.00. Fundraising is managed by the Friends of Natick Drama Workshop, a non-profit organization operating under a Board of Directors. Members of FNDW insure that the production needs of the NDW program are met by organizing parent volunteers. Production needs include communication to cast members and parents via weekly news letter, publicity, set design and construction, costumes, props, ticket sales and refreshments.

Play Tennis America • Grades 3 - 7

Basic fundamentals for beginners and advance beginners.

WHEN: Session 1 • Sun, Sep 15 - Oct 27 (6 weeks)

Session 2 • Sun, Nov 3 - Dec 15 (6 weeks)

No class Oct 13, Nov 24

TIME: 5:00 - 6:00 pm • Grades 3 & 4

6:00 - 7:00 pm • Grades 5 - 7

WHERE: Natick Racquet Club • 16 Michigan Drive, Natick

FEE: \$96



Terriers Dodgeball • Grades 2 - 4

We are once again pleased to offer a league for kids to enjoy one of their favorite games - Dodgeball! Kids love the fast paced action, throwing, catching and of course dodging balls in this great game. They also get a great overall workout and develop throwing, catching and agility skills. Terriers Sports, who have run popular youth sports programs in neighboring towns for twenty years, will direct this program. Participants will be placed on teams and provided with cool Dodgeball team shirts. Terriers also mix high-energy "arena" music into their sessions, creating an environment that kids love! For added fun at the conclusion of the program, teams will compete for a chance to win and sign the Terriers Dodgeball Bucket. Cushioned foam balls are used for safety.

WHEN: Wed, Nov 6 - Dec 11 (5 weeks)
No class Nov 27

TIME: 4:30 - 5:30 pm

WHERE: Cole Center

FEE: \$100

INSTR: Terriers Sports Staff

Parents Night Out • Ages 5 - Grade 4

This program follows our On-line Registration process!

Drop kids off for a night of games, crafts and movies while you have your own night of fun. Supervision by CPR & First Aid certified staff. Cheese pizza, small snack and juice will be served.

A concession table is available.

WHEN: Sat, Sep 21, Oct 5, 19, Nov 2, 16, Dec 14

TIME: 5:00 - 9:00 pm

WHERE: Cole Center

FEE: \$18 1st child, \$12 2nd child, \$6 each additional child in your immediate family.

NOTE: For a **Full Refund**, cancellations must be received at the NRPD Office by **12:00 noon the Friday before** your scheduled PNO.

Middle School Special Event Trips • Grades 5 - 8 Release Day Trip!!

Don't Spend the Release Day In Front of the Tube!!

Join some of your friends as we spend the afternoon roller skating/blading and playing games at Roller Kingdom.

WHEN: Wed, Oct 30

TIME: Pick-up at Middle Schools at 11:30 am
Parents pick kids up at Cole Center at 5:30 pm

WHERE: Cole Center

FEE: \$38 (Includes rental, slice of pizza and soda)

NOTE: This program takes place during an Early Release Day for the Natick Public Schools for the Town of Natick. Pick up will take place at either Kennedy Middle School or Wilson Middle School.

Blast! • Grades 6 - 9

Babysitter Lessons And Safety Training

Potential babysitters will learn how to handle the basics of infant and child-care. Topics you'll cover range from how to react responsibly to medical emergencies, how to perform first aid for common childhood injuries and illnesses, how to set-up and run your own babysitting business and how to entertain with games and songs. This is an *American Academy of Pediatrics Course*.

Participants will receive a certificate of completion, easy-to-follow first aid instructions and a sitter checklist to copy for each job. Participants should bring a light lunch and drink.

WHEN: Session 1 • Thu Sep 26 **~or~**

Session 2 • Wed, Oct 30

TIME: 12:00 - 3:00 pm

WHERE: Community Senior Center • 117 E. Central St.

FEE: \$43

INSTR: Juanita Allen, EMT and CPR & First Aid Instructor

Home Alone Safety • Grades 4 & 5

Girls and boys learn telephone and door answering techniques, Internet safety and accident and fire protection. They'll also learn some basic first aid and time management tips for when they are alone for short periods of time.

WHEN: Session 1 • Thu Sep 26 **~or~**

Session 2 • Wed, Oct 30 **~or~**

Session 3 • Wed, Nov 13

TIME: 3:30 - 5:30 pm

WHERE: Community Senior Center • 117 E. Central St.

FEE: \$38

INSTR: Juanita Allen, EMT and CPR & First Aid Instructor

Fantastic Fridays

\$5 at Door • Cole Center • 7:00 pm - 9:00 pm.

September	27	Grade 6
October	11	Grade 5
October	18	Grade 6
November	8	Grade 5
November	22	Grade 6
December	6	Grade 5

Parties will include a DJ, games, contests and prizes.

Concessions are provided as a fundraiser for future activities.

**LOOK FOR UPDATES ON THE ELECTRONIC SCROLL BOARDS
BY THE CAFETERIAS IN THE TWO MIDDLE SCHOOLS FOR INFO
REGARDING FANTASTIC FRIDAYS.**

Thundercats Basketball • Grade 3



Participants will learn fundamental skills from coaches through unique drills, games, teaching techniques, trivia and more. Emphasis will be on learning, participation and FUN in an appropriately competitive atmosphere. The clinic culminates with tournament day! Clinic is co-ed. Please wear sneakers and bring a water bottle.

WHEN: Mon, Sep 23 - Oct 28 (5 weeks)

No class Oct 14

TIME: 3:30 - 4:25 pm **~or~** 4:30 - 5:25 pm

WHERE: Cole Center

FEE: \$70

INSTR: Thundercats Coaching Staff

Social Networking Safely For Tweens • Ages 10 - 12

Social networking has become the new "playground" for Tweens and who can blame them for being drawn to a place where you can be anyone you want, meet people from around the world, share pictures and experiences, build or join a community or become an instant celebrity. In the *Kidproof Social Netiquette Workshop*, students learn to develop and apply proper social etiquette, good citizenship and critical thinking skills to meeting people, sharing information and socializing through the Internet.

WHEN: Wed, Oct 30

TIME: 6:00 - 8:00 pm

WHERE: Community-Senior Center • 117 E. Central St.

FEE: \$38

Vedic Math • Grades 3 - 8



Come HAVE FUN in this class with Vedic Math where you will learn different math tricks to help you solve problems involving large numbers quickly, easily and mentally. Vedic Math is an ancient math system; that teaches more than one way to solve the same math problem, making the approach to solving more flexible and intuitive. You'll learn new tricks to perform basic to complex addition, subtraction, multiplication and division. This class is for all who love math, and for those who don't like math you soon will if you take this class.

WHEN: Wed, Sep 18 - Oct 16 • Grades 6 - 8 (5 weeks)
Thu, Sep 19 - Oct 17 • Grades 3 - 5 (5 weeks)

TIME: 3:30 - 4:30 pm

WHERE: Community Senior Center • 117 E. Central St.

FEE: \$76

INSTR: Swati Dave

Winter Basketball • Grades 4 - 8

SPECIAL REGISTRATION NIGHTS

Tue, Oct 15, Wed, Oct 16, Thu, Oct 17
7:00 - 8:30 pm at Cole Center

TEAMS: Girls, Grade 4 • Boys, Grade 4
Girls, Grades 5 & 6 • Boys, Grades 5 & 6
Girls, Grades 7 & 8 • Boys, Grades 7 & 8



WHEN: Dec 2 through Feb 15

FEE: \$91 • Grades 4 - 6

\$101 • Grades 7 & 8

*Please note: There will be a special practice for players in Grade 7, **site/time TBA.***

WHAT: Teams practice once a week. Teams play a 9-game schedule mainly on Saturdays 9:00 am - 4:00 pm.

GOALS: Instruction, Team Play & Sportsmanship

COACHES NEEDED

The Recreation Department wishes to thank last years Volunteer Coaches, who made the program a great success. If anyone is interested in coaching, please contact the Main Office at (508) 647-6530 and provide name, address and best phone number. We will mail out a Coaches packet to you.

*Separate registration forms will be available through the Schools or on the night of registration. **Do not** use our general registration form for Winter Basketball!*

Youth Wrestling • Grades 2 - 8

The program stresses fundamentals in a structured and safe format regardless of size or weight! Participants wrestle in their own weight class.

WHEN: Gr. 2 - 4 • Mon & Thu • Dec 5 - Feb 6
Gr. 5 - 8 • Mon & Thu • Dec 5 - Mar 6

TIME: 6:30 - 8:00 pm

WHERE: Natick High School

FEE: Grades 2 - 4 • \$30

Grades 5 - 8 • \$60



Skyline Special Needs Recreation

We have a plethora of wonderful activities that we run seasonally with our Skyline Programming. Join our skyline mailing list to receive information about these activities that will begin in Mid September. Our offerings are for teens and adults and run through December. Some of the programs we will be offering are:

Saturday Program - We have several activities starting at 9:00 am and running through 3:00 pm each Saturday. Some activities include bowling, zumba, dance and art.

Ticket to Adventure - One of our fan favorites offers a Saturday night out including dinner and a different activity each night.

Friday Night Live - This fun program offers a different activity each week. Some nights have included a night at the movies, mini golf and more.

Coffee House - These fun nights include pizza, drinks and an opportunity to sing your heart out. Our Karaoke king Denis has all of the best hits for you to sing and be the star.

PATH - Parents Association for the Handicapped

Path supports participants by keeping costs low and offering scholarships for those that need additional support. They are always seeking support from local business and caring individuals. If you would like to make a contribution you can send a check to PATH c/o Natick Recreation and Parks Department • 179 Boden Lane • Natick, MA 01760

ADULTS

Ready, Set...Dance!!

Build your cardio fitness and let your "Inner Diva" come out! Dance your way to a fitter you! Great Music, Great Dances! ***Come join the fun!!!***

WHEN: Tue and Thu, Sep 10 - Dec 12 (13 weeks)
No classes Oct 15, Nov 26, 28, Dec 10

TIME: 6:15 - 7:15 pm

WHERE: Cole Center

FEE: \$146/2 nights **~or~** \$96/1 night

INSTR: Judy Forman/Helen Thomas

Co-Ed Open Gym Volleyball

Players must be out of high school. Group will play pick-up volleyball with teams being different every week.

WHEN: Wed, Sep 11 - Dec 18 (14 weeks)
No class Nov 27

TIME: 6:30 - 8:30 pm

WHERE: Community Senior Center • 117 E. Central St.

FEE: \$62

Men's Over 30 Basketball

Pick-up game format will be used.

WHEN: Sess 1 • Tue, Sep 10 - Dec 17 (13 weeks)
No class Oct 15, Dec 10

WHERE: Kennedy Middle School (Tuesday)

WHEN: Sess 2 • Thu, Sep 19 - Dec 19 (13 weeks)
No class Nov 28 (Thursday)

TIME: 7:00 - 8:30 pm

WHERE: Community Senior Center • 117 E. Central St.

FEE: \$45

Women's Open Gym Basketball

Pick-up game format will be used. Pre-registration is a must. High School graduate or older.

WHEN: Thu, Sep 19 - Nov 21 (10 weeks)

TIME: 7:00 - 8:30 pm

WHERE: Kennedy Middle School

FEE: \$36

Heart Saver Pediatric First Aid & CPR

This American Heart Association Course is designed for individuals who may need to respond to a First-Aid emergency. Participants will learn how to handle injuries and manage illness in the first few minutes until professional help arrives. Six modules are covered; First-Aid Basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, Adult CPR/AED, Pediatric CPR. Course meets the requirements of child-care providers, teachers, foster care workers, camp counselors, scout leaders, coaches, etc. Certification is good for 2 years.

WHEN: Session 1 • Thu Sep 26 **~or~**
Session 2 • Wed, Oct 30

TIME: 6:00 - 9:30 pm

WHERE: Community Senior Center • 117 E. Central St.

FEE: \$68

INSTR: Juanita Allen, EMT and CPR/First Aid Instructor

Play Tennis America (Indoor)

Lessons for beginner and advanced beginner players.

WHEN: Session 1 • Sun, Sep 15 - Oct 27 (6 weeks)
Session 2 • Sun, Nov 3 - Dec 15 (6 weeks)
No class Oct 13, Nov 24

TIME: 7:00 - 8:00 pm

WHERE: Natick Racquet Club • 16 Michigan Dr., Natick

FEE: \$96



High School Hoops • Grades 9 - 12

Pick-up game format will be used for current high school students.

WHEN: Mon, Sep 30 - Dec 16 (10 weeks)
No class Oct 14, Nov 11

TIME: 7:00 - 8:30 pm

WHERE: Community Senior Center Gym • 117 E. Central St.

FEE: \$36

Adult Basketball • Ages 50 & Up

Pick-up game format for those who know how the game should be played.

WHEN: Tue, Sep 24 - Dec 17 (13 weeks)

TIME: 7:00 - 8:00 pm

WHERE: Community Senior Center Gym • 117 E. Central St.

FEE: \$40

Tai Chi • Adult

Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed meditative movements. Tai Chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements - connecting the mind and body. Originally developed in ancient China for self-defense, Tai Chi evolved into a graceful form of exercise that's now used for stress reduction and to help achieve a sense of inner calm. The concentration required for Tai Chi forces you to live in the present moment, putting aside distressing thoughts. This helps to develop a sense of balance and harmony between mind, body & soul. You'll be introduced to Tai Chi and begin learning postures and movements of the forms.

WHEN: Mon, Sep 16 - Nov 18 (10 weeks)

TIME: 6:30 - 7:30 pm • Intro to Tai Chi

7:45 - 8:45 pm • Level 2

WHERE: Cole Center

FEE: \$81

INSTR: Jon Woodward, Certified Tai Chi Instructor, 25-year practitioner having studied under several teachers.

Ultimate Frisbee • Adults

A Co-Ed Ultimate Frisbee program. Must be a high school graduate. We play pick-up style games on Saturday afternoons. This is a fun and recreational program; anyone who is registered and paid can play.

WHEN: Sat, Sep 14 - Nov 2 (8 weeks)

TIME: 4:00 - 6:00 pm

WHERE: Cole North Field

FEE: \$20



Beyond Fitness at the Community Senior Center

Join Joanne Schmalenberger from Beyond Fitness for rebounding classes at the Community-Senior Center (CSC). Rebounding has been proven to be a 90% shock-free and 60% more efficient than any other exercise modalities according to NASA research. This rebounding workout is both highly effective and intensely fun. Vertical core, cardio and strengthen every cell in your body simultaneously.

WHEN: Sess 1 • Mon, Sep 9 - Dec 16

No Class Oct 14, Nov 11

TIME: 5:15-6:15 pm ~or~ 6:30 - 7:30 pm

WHEN: Sess 2 • Wed, Sep 11 - Dec 18

No class Nov 27

TIME: 5:15 - 6:15 pm

WHEN: Sess 3 • Sat, Sep 14 - Dec 14

TIME: 8:30 - 9:30 am

Come 1, 2 or 3 times a week!

WHERE: Community-Senior Center - 117 E. Central St.

FEE: \$85/10 classes • \$50/5 classes • \$15/class

Punch Cards for multiple classes can be purchased online or at the CSC. Please make checks out to Town of Natick. Cards are good for *fall season ONLY* and must be used by Dec 18.

SASSAMON TRACE GOLF COURSE

Upcoming Tournaments open to all golfers.
Please register at Sassamon Trace at (508) 655-1330.

Sassamon Trace Club Championship

Saturday and Sunday, August 17 and 18 • 9:00 am
36 holes ~ Gross, Net and Senior & Junior Divisions.

Visit Sassamontrace.com for more info.

Sassamon Trace Supporter's Association Scotch Foursome

9 holes ~ Wednesday, August 21 • 1:00 pm
\$38/person (Includes cart, lunch and prizes.)

Natick High School Varsity Golf Team Tryouts

Thursday and Friday, August 22 and 23 • 10:00 am

Sassamon Trace Supporter's Association Member • Guest

18 holes ~ Wednesday, September 11 • 11:00 am Shotgun
\$50/person (Includes cart, lunch and prizes.)

Adult/Junior Challenge • 9-Hole Tournament • Shotgun Start

Columbus Day • Monday, October 14 • 3:00 pm
Family fun with lunch provided. 4 person teams • \$30/person.

Natick High School Golf Team Fundraiser Saturday

9 holes ~ Saturday, November 2 • 2:00 pm Shotgun •
\$30/person

Natick Food Pantry Day

Thursday, November 7
Make a food donation and your green fees are free.
Beef Stew lunch included.

Visit sassamontrace.com for info on these events.

William L. Chase Arena

Facilities Management Corporation is currently managing the William L. Chase Arena at 35 Windsor Ave. Hockey leagues, figure skating instruction and public skating times are available. Please call (508) 655-1013 for more information concerning their fall and winter program opportunities.

SPECIAL EVENTS • FAMILY RECREATION OPPORTUNITIES

NATICK DAYS

Saturday, September 21 • 10:00 am - 3:00 pm

Rain Date: Sunday, September 22 • 1:00 pm

Join in on Natick's own All Day Community Celebration,
held in Downtown Natick.

Details of events coming soon in Newspapers and School Flyers.



SPOOKTACULAR (HALLOWEEN PARTY)

SATURDAY, OCTOBER 26

The 16th annual town-wide Halloween Party will take place on the Common. If you're interested in volunteering or making a donation to help out the event, contact Aaron Friedman at (508) 647-6530. Look for details at schools, libraries and in the local papers!!



Public Swimming For Natick Residents At Keefe Tech

750 Winter Street • Framingham

Natick Recreation and Parks in conjunction with the Framingham Parks and Recreation is pleased to provide public swimming at Keefe Technical School Pool weekends starting in late September. Please check our online edition of this brochure for updated dates.

Pool availability may change as the season progresses.

Saturdays: FREE for Senior Citizens • 2:00 - 3:00 pm

Saturdays: \$2/youth • \$4/Adult • 3:00 - 4:30 pm

Sundays: \$2/youth • \$4/Adult • 2:00 - 3:30 pm

Youth 12 years and under must be accompanied by an adult.

Call Framingham Rec. Dept., 508-532-5960 for more information.



Natick Tennis Association for Adults Ages 16 and up

We are looking to get the Natick Tennis Association back on the courts. With the new NHS Courts complete we are looking to start an informal season this fall. If you are interested sign up on line so we can have your contact information.

Toiletries and Socks Needed for Veterans!!

Natick Public Health Nurse Leila Mercer and Natick Veterans' Agent Paul Carew are asking for donations of men's and women's white socks (new only!) and/or hotel-sized toiletries in the designated box in the lobby of Town Hall • 13 E. Central St.; or at the Community-Senior Center • 117 E. Central St. no later than August 21.



The MAPHN nurses will provide foot inspections and warm water soaks that are in addition to the foot care services offered. We would like to provide our veterans with clean white socks after having their foot soak and also give out hotel-sized toiletries that we are able to collect for this event.

For any questions, please contact Leila Mercer at the Natick Health Dept. at 508-647-6460, or Paul Carew at the Community-Senior Center at 508-647-6545. Information regarding Operation Stand Down may be found at www.voamass.org.

HUMAN SERVICES & COUNCIL ON AGING

at the Natick Community-Senior Center
117 East Central Street, 508-647-6540

FITNESS ROOM

The Community-Senior Center has a fitness room with cardio equipment including elliptical, treadmills and a recumbent bike as well as dumbbells, lat pull down platform, seated leg curl machine, leg press, leg extension, upper back platform, chest press, medicine balls, stability balls, balancing pads and BOSU balancing pads.

FITNESS ROOM MEMBERSHIP

Memberships are for 6 months: Adults \$40
Discounted membership for those 60+ at \$25. To join the Fitness Room please call the Community-Senior Center at 508-647-6540 to schedule your orientation.

EXERCISE CLASSES AT THE COMMUNITY-SENIOR CENTER

Each class is \$3.00 but a multi-class must be purchased.
A 10-class card is \$30.00 or a 5-class card for \$15.00.

- Chair Aerobics: Tuesdays at 11:00 am
- Chair Yoga: Mondays at 10:00 am
- Line Dancing: Wednesdays at 12:00 pm
- Muscle Building: Tuesdays & Thursdays • 10:00 am **or** 5:30 pm
- Strength Training: Fridays at 10:00 am
- T'ai Chi: Wednesdays at 10:00 am
- Yoga: Fridays at 1:45 pm
- Zumba: Monday at 1:30 pm

SMALL GROUP PERSONAL TRAINING

Tuesdays & Thursdays for 4 weeks
10:00 am or 7:00 pm • Cost is \$100

Small group personal training with Christine of Fitness Together. Participants will focus on strength, flexibility, and balance during the twice-a-week sessions. Individual needs and concerns will be addressed.

To sign up please visit the desk at the

Community-Senior Center, 117 East Central Street.
For start dates please call 508-647-6540.

MIXED DOUBLES TENNIS

Fridays from 10:00 am - 12:00 pm

50+ mixed doubles at the East School. Weather permitting.
The group will meet through the fall.
To sign up please call 508-647-6540.

GOLDENAIRES OPEN REHEARSALS

The Goldenaires Senior Singing Group will start their season on Friday, September 6 with rehearsal at 1:00 pm. They welcome new members.

VOLUNTEER PIANO ACCOMPANIST NEEDED

The Goldenaires are in need of a piano accompanist.

If you are interested in this exciting volunteer opportunity please speak with our

Volunteer Coordinators, Karen or Lorraine at 508-647-6540.

LINCOLN CAFÉ

Join us for lunch at the Community-Senior Center at affordable prices. Monday - Friday • 11:00 am - 2:00 pm
Hours subject to change.

Serving sandwiches, salad, soup, etc.
Closed on Fridays during the summer.

FALL DAY TRIP

Norman Rockwell Museum & Red Lion Inn

— Tour Includes —

Stockbridge Village Sightseeing

Red Lion Luncheon

Norman Rockwell Museum

Tour Date: Monday, October 21, 2013

Tour Cost: \$79.00 Per Person

Register at the Natick Community-Senior Center. Payment due at time of registration.

Questions? Call the Community-Senior Center at 508-647-6540.

Winter Trip to the Holiday Boston Pops will be scheduled as soon as tickets are available. Call for more information, 508-647-6540.

THE LITTLE GIFT SHOP

of The Friends of the Natick Senior Center, Inc.

117 East Central Street

Supporting Senior Programs and Activities at the Center

Always accepting: Donations of small resalable items and jewelry (but, please, no clothing, linens, or books)

"WE MAY BE SMALL, BUT WE HAVE IT ALL!"

Coming this Fall to the Community-Senior Center....

- Gary Hylander "America's Gilded Age: Part II"
- Red Cross Blood Drives
- The History of Modern Art
- Senior Discount Charlie Card Event
- Flu Vaccine Clinic - Thursday, October 10
- Nutrition Presentations
- Excel and Word Classes
- Piano Lessons for Older Adults and much more!

Also Coming the Community-Senior Center in the fall....

Boot Camp Evening Class. Our boot camp is a small group class that aims to provide a more intense full body workout. We'll combine traditional body weight exercises, resistance training, dynamic stretching and calisthenics to help you burn calories, build muscle and get toned. Details will be available soon, call 508-647-6540.

FALL LEAF RAKING VOLUNTEERING OPPORTUNITY

Every fall, staff at the Natick Community-Senior Center coordinates our Fall Leaf Raking project, which takes place in November. The project helps Natick's elderly and residents with disabilities get their leaves raked. We are always in need of volunteers to help rake yards. Everyone can help: working people, students, scout troops, civic or religious groups, youth groups, families and individuals. The need for volunteers grows every year as our requests keep growing! The schedule is very flexible; call if you can volunteer for a morning, an afternoon or anytime during the week or weekend, please call 508-647-6540.

SUPPORTIVE SERVICES

Experienced Social Workers are available by appointment to provide residents of all ages with information, guidance and help completing applications for various local, state and federal assistance programs, as well as housing options. Our Social Workers also provide counseling services.

Please call the Community-Senior Center if you would like to schedule an appointment at 508-647-6540.





2013 FALL PROGRAMS AT THE FARM

The Natick Community Organic Farm is a non-profit, diversified working organic farm situated on 27-acres of conservation land. We welcome visitors and school groups to learn, relax, picnic, pitch in and experience the value of productive, open green space. The Farm is open dawn to dusk, year-round, selling eggs, organic produce and maple syrup.

Programs are held at the Farm rain or shine. Dress appropriately!! Closed shoes are a must!!

To register for NCOF programs on-line and/or more detailed information, please go to our website www.natickfarm.org

PRE-SCHOOL PROGRAMS • AGES 3 - 5

CHORE TIME

Come down to the Farm and wake up, feed and water the animals.

WHEN: Mon, Sep 23, 30, Oct 7, 21 Mon, Oct 28, Nov 4, 18, 25
Tue, Sep 24, Oct 1, 8, 22 Tue, Oct 29, Nov 5, 12, 19
Thu, Sep 26, Oct 3, 10, 24 Thu, Oct 31, Nov 7, 14, 21

TIME: 9:00 - 10:00 am

FEE: \$60/4 classes (Mem \$48)

LITTLE HANDS IN THE SOIL

We are looking for little hands to help us harvest our crops and put the garden to bed.

WHEN: Mon, Sep 23, 30, Oct 7, 21

TIME: 10:30 - 11:30 am

FEE: \$60/4 classes (Mem \$48)

FALL CRAFTS AND ACTIVITIES

With your little fingers, transform bounties from the Farm and nature into crafts. We will be out and about on the Farm to discover and explore.

WHEN: Sess 1: Mon, Sep 23, 30, Oct 7, 21

TIME: 1:30 - 2:30 pm

WHEN: Sess 2: Mon, Oct 28, Nov 4, 18, 25

TIME: 10:30 - 11:30 am

FEE: \$70/4 classes (Mem \$56)

HOP WITH THE BUNNIES

Spend some time petting these warm, fuzzy little creatures. Learn how they live in the wild and how we care for them at home.

WHEN: Tue, Oct 1 or Oct 15

TIME: 10:15 - 11:15 am

FEE: \$15/class (Mem \$12)

These programs are designed for **registered child(ren) only**.
Parents/siblings are welcome to walk the farm
during program time.

FOREST GNOMES - A WALDKINDERGARTEN PROGRAM • AGES 3 - 6

Join our year-round "Waldkindergarten" program, a classroom without walls. With an emphasis on seasonal rhythms, physical and social development and personal growth the "Forest Gnomes" challenge children's skills of observation in a subtly changing environment throughout the year.

WHEN: Mon/Wed Session: Sep 9 - Jun 4, 2014

FEE: \$3900 (Mem \$2,730)

WHEN: Tue/Thu Session: Sep 10 - Jun 5, 2014

TIME: 8:45 am - 12:45 pm

FEE: \$4140 (Mem \$2,898)

SCHOOL AGE PROGRAMS

FARMING FOR HOME SCHOOLERS • AGES 5 - 10

Throughout the 2013/2014 school year we will offer a farming program for home schooler's. Each morning children will be involved in our every-day Farm operations, from animal chores to harvesting and putting our gardens to bed. Over the course of the year children will get a deep insight into all aspects of work on a farm. This is a drop-off program.

WHEN: Tue, Sep 17 - Jan 21 ~or~

Thu, Sep 19 - Jan 23

TIME: 9:00 - 12 noon

FEE: \$765 (Mem \$612) per 17 classes

AFTER-SCHOOL FARMERS • GRADES K - 4

Throughout the 2013/2014 school year we will offer an after-school program for elementary school students. The program will involve students in our everyday Farm operations - from animal chores to harvesting and putting our gardens to bed. Memorial School students will be walked over by Farm staff. Children can be registered for eight-week sessions.

There are no classes on Natick ER days.

Grades K and 1

WHEN: Sess 1: Mon, Sep 16, 23, 30, Oct 7, 21, 28, Nov 4, 18

Sess 2: Mon, Nov 25, Dec 9, 16, Jan 6, 13, 27, Feb 3, 10

Grades 2 - 4

WHEN: Sess 1: Thu, Sept 12, 19, Oct 3, 10, 17, 24, 31, Nov 14

Sess 2: Thu Nov 21, Dec 5, 12, 19, Jan 2, 9, 16, 23

Grades K - 4

WHEN: Tue, Oct 8, 15, 22, 29, Nov 5, 12, 19, 26

TIME: 3:15 - 4:45 pm

FEE: \$180/8 classes (Mem \$144)

AFTER-SCHOOL IN THE WOODS • GRADES K - 4

Let's reclaim our woods for afternoon play and exploration. There will be time for hikes, woodworking and building shelters. Memorial students will be walked over from Memorial by Farm staff. Children can be registered by semester or eight week sessions.

WHEN: Wed, Sep 11 - Jan 29 (no classes on Natick ER days)

TIME: 3:15 - 4:45 p.m.

FEE: \$360 (Mem \$288)/semester (16 classes)

\$180 (Mem \$144)/8 classes (Sep 11 - Nov 6; Nov 20 - Jan 29)

YOUTH WORK EXPERIENCE • AGES 11 - 14

We are inviting middle school students to join Farm staff after school to work in the gardens, take care of the animals and help with maintenance. This hands-on learning experience gives participants a chance to learn job skills.

WHEN: Tue **and/or** Wed **and/or** Thu afternoons

Sep 17 - Nov 21 (10 weeks);

TIME: 3:00 - 5:00 pm

FEE: \$206/day of the week (Mem \$166)

BARNYARD BUDDIES • AGES 5 - 9

Help wake up the Farm with morning chores feeding, watering and collecting eggs.

WHEN: Sat, Sep 21, 28, Oct 5, 19, 26, Nov 2, 16 **and/or** 23

TIME: 8:30 - 10:00 am

FEE: \$22/class (Mem \$18)

CHICKENS AND TURKEYS • AGES 5 - 8

Meet a chicken and greet a turkey. We learn what they really love to eat and feed them ourselves. Maybe if we're quiet, we can hold a chicken (turkeys will be too big). Then we'll hunt for eggs in the nesting boxes.

WHEN: Tue, Sep 24

TIME: 3:30 - 4:30 pm

FEE: \$15 (Mem \$12)

ONLY BUNNIES • AGES 5 - 9

Not enough time to play with bunnies on regular Farm visits? Thinking about a rabbit for a pet? Here's your chance to hold, care for and get all your questions about these furry critters answered.

WHEN: Tue, Sep 17 **or** Oct 1

TIME: 3:30 - 4:30 pm

FEE: \$15/class (Mem \$12)

FAMILY PROGRAMS

YOU AND ME ON THE FARM

This experiential class is for babies/toddlers and their parent/caregiver. We will make new friends and together use our senses to see, hear, taste, touch, smell and enjoy all the farm has to offer. A wonderful first exploration of the farm for children ages 0-3 years and their parent/caregiver!

WHEN: Mon, Sep 23, 30, Oct 7 and 21

TIME: 9:30 – 10:30 am

FEE: \$60/family (Mem \$48)/4 classes

A FARMER'S MORNING

Let's do it the farmer's way! First we will take care of the animals, feed and water them. We'll collect fresh eggs for breakfast and then head inside to cook and have a hearty Farm breakfast together.

WHEN: Sun, Oct 6 and/or Oct 20

TIME: 9:00 – 10:30 am

FEE: \$20/person per class • Children under 10 Free (when registering, please note how many are in your party)

SCOUT PROGRAMS

Explore the Farm with your troop through our many scout programs. All programs are offered **Mondays through Thursdays**. You can register for the following programs:

60-minute Classes:

- **Interactive Farm Tour** • \$7/Scout
- **Chore Time** • \$6/Scout
- **Animal Try-It • Brownies** • \$7/Scout
- **Plant Try-It • Brownies** • \$7/Scout
- **Eco Explorer • Brownies** • \$7/Scout
- **Plants and Animals Badge** • Junior Girl Scouts • \$7/Scout
- **Prints and Graphics Badge** • Junior Girl Scouts • \$15/Scout
- **Holiday Crafts/Bees Wax Candles** • \$15/Scout

Please check the website at www.natickfarm.org for Girl and Boy Scout Badges.

SCOUT OVERNIGHT

Pitch your tent at the Farm, put the animals to bed, and enjoy a campfire. Wake up the animals in the morning and then make your own farmer's breakfast with the Farm's own eggs that you will collect and maple syrup.

WHEN: Fri to Sat or Sat to Sun • fall, spring or summer.

FEE: \$25/Scout

For detailed information on these Scout programs, please go to our website natickfarm.org. To register, please e-mail Rachel at rtetrault.ncorganic@verizon.net to check on availability. THANKS!

FARM FUN FOR THE COMMUNITY

BARNYARD BIRTHDAY BASH

Members, come celebrate your child's birthday at your local Farm! Explore farm life, take a hike in the woods, do a scavenger hunt or just relax. If you book Saturday or Sunday between 10:00 am and 2:00 pm, you can also sign up for a guided Farm tour or a visit with the bunnies for \$25.

Picnic tables, indoor workshop and barn are available to use for a parent-planned party. Go to www.natickfarm.org to print out a "Barnyard Birthday Bash" form. To check availability, please call the Farm at 508-655-2204.

FEE: \$125 for 2 hours including set-up and clean-up, extra time available for an extra fee.



Order your Thanksgiving Turkey

The Natick Community Organic Farm is raising 150 turkeys. Our turkeys are fed organically-grown grains and are raised free range in our pastures. Please go to www.natickfarm.org to pre-order your turkey (\$30 deposit). Priority ordering for Members until October 15.

We're showing off our good Taste



Join us to share the harvest at our
12th Annual Harvest Dinner & Auction

Thursday, Sep 26, 2013
5:00 to 9:00 pm

The Wellesley College Club
727 Washington Street
Wellesley, MA

The night will be friendly, festive and complimented by a tasty feast of organic and locally grown foods prepared by the Wellesley College Club's excellent chefs.

You will have the opportunity to bid on select auction items, including stays at "green" inns, gift certificates to local restaurants, spa packages, and a number of other environmentally friendly and locally made products.

Tickets: \$100/person before Sep 2
\$125/person after Sep 2

Please go to www.natickfarm.org to purchase your tickets.

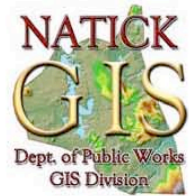
NCOF Administrative Staff

Lynda Simkins, Executive Director
Jean-Claude Bourrut Lacouture, Assistant Director
Patricia Umbrell, Farm Administrator
Regina Wolf Fritz, Public Program Coordinator
Rachel Tetrault, School and Scout Program Coordinator
Marcy Bailey Adams, Membership Coordinator

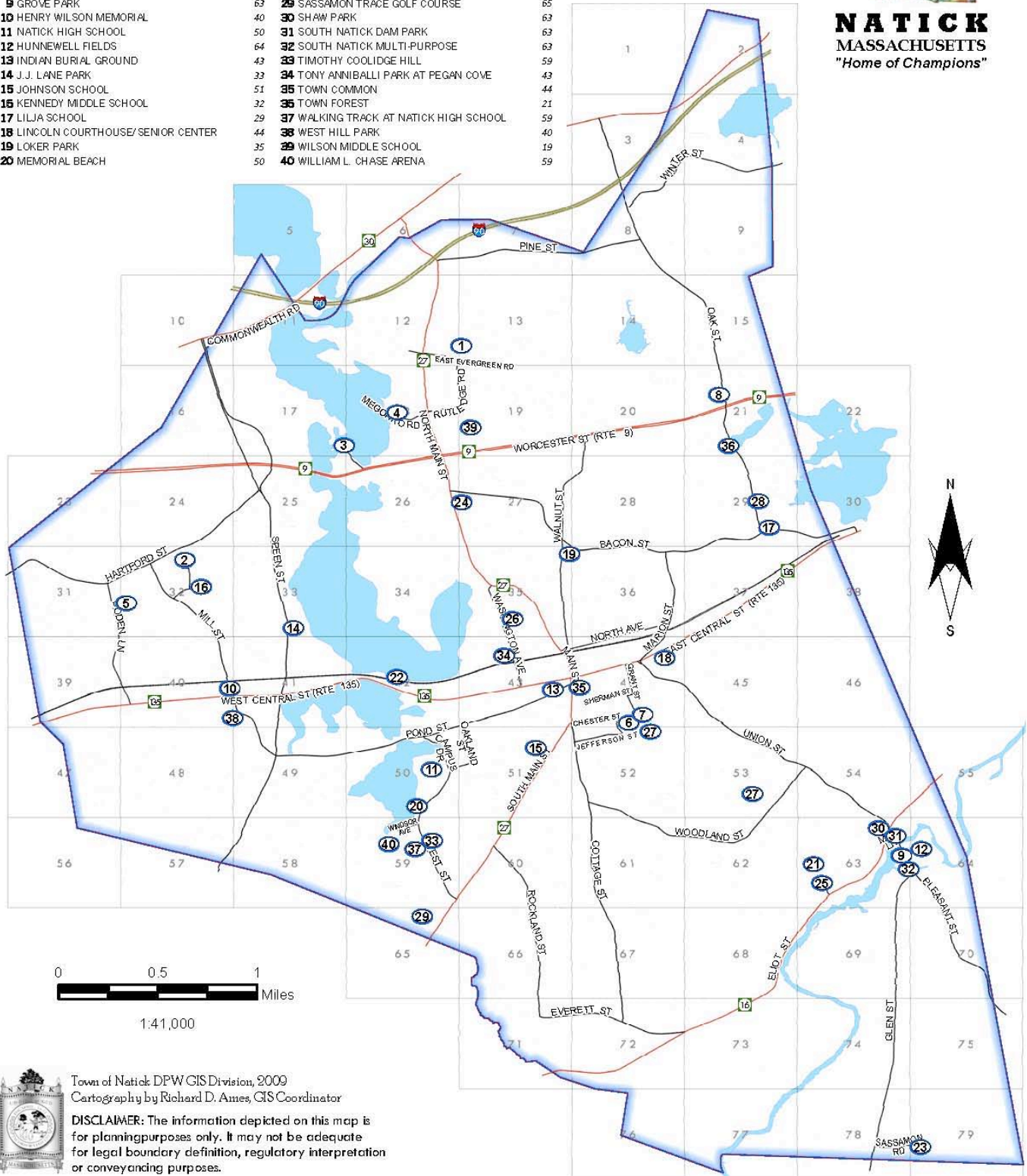


RECREATION SITES & FACILITIES

NAME	TILE	NAME	TILE
1 BENNETT HEMENWAY SCHOOL	13	21 MEMORIAL SCHOOL	63
2 BROWN SCHOOL	32	22 MIDDLESEX PATH	42
3 CAMP ARROWHEAD	17	23 MUMFORD FOREST	79
4 MARY BUNKER PARK	18	24 MURPHY FIELD	27
5 COLE CENTER	32	25 NATICK ORGANIC FARM	63
6 COOLIDGE FIELD	44	26 NAVY YARD FIELD	35
7 COOLIDGE WOODS	44	27 ROBERT EISENMENGER TRAIL	53
8 EAST NATICK SCHOOL	21	28 SARGENT FIELD/THE MATHWORKS FIELD	29
9 GROVE PARK	63	29 SASSAMON TRACE GOLF COURSE	65
10 HENRY WILSON MEMORIAL	40	30 SHAW PARK	63
11 NATICK HIGH SCHOOL	50	31 SOUTH NATICK DAM PARK	63
12 HUNNEWELL FIELDS	64	32 SOUTH NATICK MULTI-PURPOSE	63
13 INDIAN BURIAL GROUND	43	33 TIMOTHY COOLIDGE HILL	59
14 J.J. LANE PARK	33	34 TONY ANNIBALLI PARK AT PEGAN COVE	43
15 JOHNSON SCHOOL	51	35 TOWN COMMON	44
16 KENNEDY MIDDLE SCHOOL	32	36 TOWN FOREST	21
17 LILJA SCHOOL	29	37 WALKING TRACK AT NATICK HIGH SCHOOL	59
18 LINCOLN COURTHOUSE/SENIOR CENTER	44	38 WEST HILL PARK	40
19 LOKER PARK	35	39 WILSON MIDDLE SCHOOL	19
20 MEMORIAL BEACH	50	40 WILLIAM L. CHASE ARENA	59



NATICK
MASSACHUSETTS
"Home of Champions"



Town of Natick DPW GIS Division, 2009
Cartography by Richard D. Ames, GIS Coordinator

DISCLAIMER: The information depicted on this map is for planning purposes only. It may not be adequate for legal boundary definition, regulatory interpretation or conveying purposes.

It's Registration Time...

ON-LINE REGISTRATION will begin at
7:00 pm on Tuesday, September 3.
www.natickma.gov/recreation
then link to On-line Registration
(Playgroup registration is a lottery)

PLEASE NOTE!!

NR&PD will accept walk-in program
registrations, beginning
Wednesday, September 4 • 8:00 am.

For after hours drop-off, use
Cole Center's overnight mail slot
(to right of front door.)

Check your child's Virtual
Backpack under "Community
Notices" during the fall for info on
Special Events.

Office Information

HOURS:

Monday - Friday
8:00 am - 5:00 pm
179 Boden Lane
Natick, MA 01760

Phone 508-647-6530
FAX Machine 508-647-6535
Cancellations • After 5:00 pm 508-647-6530
Web Site <http://natickma.gov/recreation>

Every program and activity in the Recreation and
Parks Department is open to all, regardless of
race, religion, color, sex, marital status, national
origin or persons with disabilities.

Administrative Staff

Jon Marshall, Director
Dan Keefe, III, Assistant Director
Mary Lou Coffey, Bookkeeper
Aaron Friedman, Program Director
Linda Pinault, Administrative Assistant
Laurie Shaw, Clerk/Receptionist

REGISTRATION INFORMATION & GENERAL POLICIES

Registration is done **ON-LINE!!**
Visa, MasterCard & Discover Accepted

Checks payable to the "Town of Natick"

A \$25 fee will be charged for all returned checks.

Exceptions to Our On-Line Registration:

Playgroup, Special Needs Programs, Grade 4 - 8 Basketball,
Sassamon Trace Golf Programs & Natick Community Organic Farm.

All programs have enrollment limits.

We may cancel or postpone a program with low enrollment.
Decisions are usually made one week prior to program start date.

Recreation and Parks Department reserves the right to cancel,
alter, or change any classes if circumstances warrant.

Payment: **Full payment** must accompany your
registration.

Financial Aid: Limited financial aid is available. For
information contact the Natick Service
Council located at 2 Webster Street, Natick.

Refunds: **Refunds are given only if a program is
terminated by the department, or receipt of a
doctor's note excusing participant from
continuing. Refunds will take up to four
weeks to be processed.**

Filled Programs: Waiting List will be available **ON-LINE**. Your
account will not be charged. We will try to
add additional sessions for oversubscribed
programs.

Program Location: **Most programs are offered at The Cole
Center.** Other locations are specified in
program description.

Photos: Please note that photos of your child may be
used for various publicity media's.

Cancellations: Programs are cancelled when school is
cancelled. Call **(508) 647-6530 after 5:00 pm
weekdays** and follow automated instructions
for weather cancellations.

Make Ups: When extreme weather conditions or an
instructor's request results in program
cancellation, we will make up the class when
possible or refund the pro-rated balance.

**"Reasonable accommodations and audio-visual aids and
services will be available upon request."**

"Create Community through People, Parks and Programs"



NATICK RECREATION AND PARKS DEPARTMENT

179 Boden Lane

Natick, MA 01760

(508) 647-6530 • Office

(508) 647-6535 • FAX

(508) 647-6530 • Announcements/Cancellations (*Follow Menu*)<http://natickma.gov/recreation> • Website

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Community Group Contact Information

Natick Community-Senior Center

117 E. Central St.

Natick Council on Aging (508) 647-6540
Natick Human Services (508) 647-6540
Natick Veterans Services (508) 647-6545

Public Non-Profit Leisure Organizations

Cochituate State Park..... Tim Murphy (508) 653-9641
Men's Softball League (TAPE) (508) 650-0790
Men's Softball League (WEBSITE) www.naticksoftball.com
William L. Chase Arena (508) 655-1013

Natick Youth Sports Leagues

Junior Redmen (Football & Cheerleading) (TAPE) (508) 653-9900
Lacrosse (WEBSITE) www.naticklacrosse.com
Little League (TAPE) (508) 647-0467
Little League (WEBSITE) www.natickll.org
Soccer Club (No Phone #) (WEBSITE) www.naticksoccer.org
Youth Hockey • Comets (WEBSITE) www.natickcomets.com

Other Public Service Agencies

A Place To Turn..... (508) 655-8868
Bacon Free Library..... (508) 653-6730
Family Resources of Natick..... (508) 655-2557
Framingham Rec Dept..... (508) 532-5960
Framingham Rec Dept..... Weather Line (508) 532-5962
Kids Connect (508) 652-4211
Morse Institute Library (508) 647-6520
Natick Food Pantry (508) 651-3663
Natick Service Council (508) 655-1791